

# COVID-19

## Los Angeles County Department of Public Health What to expect if your child takes part in youth sports

Most organized, outdoor youth sports are now permitted, and some indoor sports are also allowed now. Here is what to expect when your child participates in youth sports. For more details, see [YouthsportsFAQ](#).

### Getting ready:

- **Conduct a symptom check** and fill out the screener form before your child heads out to a practice or a game. If your child is not well or someone in your household has COVID-19, keep your child home until the quarantine period has passed or your child is better.
- **Arrive at the required time.** Be sure to wear a mask and stay 6 feet from other people at sign-in.
- **Parents and others may observe outdoor practices and games**, but must comply with social distancing and masking requirements at all times.

### Please remind your child:

- **They must wear a mask at all times during conditioning or practice. During competitions, masks are not required during active play, but must be worn on the sidelines. Masks are not required when a child is swimming or engaged in some other water sport, when eating or drinking, or when the mask might become a hazard.**
  - Masks should have at least two layers of tightly woven, breathable material and must fully cover the nose and mouth and fit snugly against the sides of the face and around the nose.
  - The only exceptions are children under 2 or anyone who has been told by a doctor that they cannot wear a mask safely. Note: people with most underlying conditions (asthma, for example) can safely wear masks. If you or your child cannot, search [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for alternatives.
- **They will be instructed to comply with social distancing.**
  - Players will need to stay 6 feet away from others during practice and games, when possible.
- **They should bring whatever they need for practice and games from home.**
  - Players will need a refillable water bottle, snacks, and sunscreen.
    - Food and beverages should not be shared with other children.
    - Players can share some sports equipment, like game balls, which leagues will be required to clean and disinfect. If possible, though, players should bring their own gloves, bats, racquets, helmets, and other items for personal use.
- **To practice good hand hygiene.**
  - Players will be reminded to wash their hands often with soap and water or use hand sanitizer with at least 60% alcohol, especially before and after using basketballs, footballs, baseballs, and any other shared equipment, as well as after going to the bathroom, before eating, and after blowing their nose, coughing, or sneezing.
  - Bathrooms will be open and cleaned often; hand sanitizer will be provided at all games and practices.

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**Team sports give children a chance to get exercise, interact with peers, learn skills, and have fun. Many kids have especially missed sports over the past year. Now it is up to all of us to keep it safe.**

- If a coach, referee, or league official reminds you or your child about social distancing or wearing a mask, remember that they are protecting you and your family, the team, themselves, and the public.
- Players and families should follow the simple rules noted above; they are based on science and reflect research from all over the world about what it takes to stay safe.

**Please tell your child from us -  
Have a great season, stay safe, and keep your eye on the ball!**